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## **World No Tobacco Day: Coalitions Statewide Encouraging Kansans to Be Tobacco Free**

*And join thousands around the world in a common goal!*

**May 31, 2005-** As thousands of people around the world recognize the effects of tobacco coalitions across the state are collaborating with the Kansas Tobacco Quitline to encourage tobacco users to go tobacco free on World No Tobacco Day. Freeing your body from tobacco is one of the best things you can do for your health, and the Toll Free Kansas Tobacco Quitline is a great place to start the quitting process. Free "Quit Kits" are available by calling **1-866-KAN-STOP**.

"Around the world, people are uniting on World No Tobacco Day to break free from their dependence on tobacco," said Julia Francisco, Director of the Kansas Tobacco Use Prevention Program. "One of the best places to start the quitting process is by calling the Kansas Tobacco Quitline at **1-866-KAN-STOP** and asking for a free quit kit."

The Kansas Tobacco Quitline is a free service available 24 hours a day, 365 days a year by calling **1-866-KAN-STOP**. When you call the Kansas Tobacco Quitline (**1-866-KAN-STOP**), trained experts will help you assess your tobacco use, give you information and advice, develop a treatment plan just for you and stick with you until you are tobacco free for life! The one-on-one telephone counseling sessions are scheduled at times convenient for the caller and callers are encouraged to contact the Quitline as many times as possible to help them meet their goals.

Here's more great news about quitting (according to the U.S. Centers for Disease Control and Prevention):

- **20 Minutes:** After your last cigarette, your heart rate drops.
- **12 hours After Quitting:** Carbon monoxide level in your blood drops to normal.
- **1 Year After Quitting:** Your added risk of coronary heart disease is half that of a smoker's.
- **5 Years After Quitting:** Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.
- **15 Years After Quitting:** Your risk of coronary heart disease is back to that of a nonsmoker's.

Created by the World Health Organization in 1988, World No Tobacco Day is the first and only global event established to call attention to the global impact that the use of cigarettes, cigars and spit tobacco has on our health and environment. For more information on World No Tobacco Day visit [www.wntd.org](http://www.wntd.org).

For more information on quitting, contact the Kansas Tobacco Quitline, toll-free at **1-866-KAN-STOP** (1-866-526-7867).



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